

# PrEP

a daily pill to prevent HIV

## FOR PROVIDERS

### What Is PrEP?

**PrEP**,\* a pill taken every day, is a promising new tool to prevent HIV. This is similar to the way birth control pills are taken every day to prevent pregnancy.

**PrEP** is highly effective at preventing HIV when used the right way. **PrEP** is often used along with condoms or other prevention tools as it cannot prevent STDs or pregnancy.

Right now, Truvada® is the only medication approved to be used as **PrEP**. Truvada® is used by people who are HIV-negative as a once-daily medicine to prevent HIV. When combined with other antivirals, Truvada® can be used as treatment for people who are HIV-positive.

### Who Is PrEP For?

**PrEP** is used by HIV-negative people at high risk of getting HIV. **PrEP** is an especially helpful tool for:

- men who have sex with other men
- transgender women who have sex with men
- people who are in an ongoing sexual relationship with someone who is HIV-positive

**PrEP** is also indicated when there are other factors suggesting high risk such as:

- having sex for money, drugs, housing, or other things people need
- sharing injection equipment for drugs or hormones
- having recent STDs, especially syphilis or rectal gonorrhea/chlamydia

### How Can My Clients Get PrEP?

Primary care clinicians can prescribe **PrEP** but they don't all know about it or feel comfortable prescribing it. You may need to help your clients prepare for their medical visit and give them some information to give to their providers or for them to read over themselves. This information is available at [cdc.gov/hiv/risk/prep](http://cdc.gov/hiv/risk/prep). You may also need to encourage them to advocate for themselves or find another clinician.

In general, during a **PrEP** consultation, your client's clinician will:

- talk with your clients about risks and a variety of ways to prevent HIV, including taking **PrEP**
- tell your clients what to expect when taking **PrEP**, including possible short-term side-effects
- order tests for HIV, STDs, and a few other things to make sure it is safe to start **PrEP**

If your clients test HIV-negative and decide to take **PrEP**, they will need to:

- get a prescription
- take one pill every day
- be tested for HIV/STD and kidney function every few months

**PrEP** is usually covered by health insurance. If necessary, you can connect your clients to one of two programs to help with the cost of the medicine or the cost of deductibles or co-pays.

Go to [start.truvada.com](http://start.truvada.com) and [crine.org](http://crine.org) for more information.

\* **PrEP** is short for Pre-Exposure Prophylaxis.



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### Is PrEP Right For My Clients?

**PrEP** is an easy and effective way to prevent HIV. **PrEP** needs to be prescribed, but is safe for most people. Only your clients can decide if **PrEP** is a good addition to whatever they are already doing to take care of their sexual health, but **PrEP** is beneficial for clients who:

- are having trouble consistently taking steps to reduce their risk of getting HIV
- are doing a lot to reduce their risk of getting HIV, but want to do even more

When your clients are considering **PrEP**, you may need to help them strategize about how to ensure they can be successful with taking a once-daily pill and getting to their medical appointments.

### What Are Some Ways My Clients Can Prevent HIV?

**PrEP** is one way to prevent HIV. Whether or not your clients take **PrEP**, here are a few other ways they can reduce the risk of getting HIV:

- get tested regularly for HIV/STDs and talk with partners about their HIV/STD status
- if their partners are HIV-positive, have sex when they have an undetectable viral load
- have lower-risk sex (oral, mutual masturbation, etc.) instead of, or more often than, anal or vaginal sex
- limit their number of sex partners
- use condoms for anal or vaginal sex

### Where Can I Get More Information?

CDC: [www.cdc.gov/hiv/risk/prep/](http://www.cdc.gov/hiv/risk/prep/)

FDA approved Medication Guide (PDF):  
[www.gilead.com/~media/files/pdfs/medicines/hiv/truvada/truvada\\_medication\\_guide.pdf](http://www.gilead.com/~media/files/pdfs/medicines/hiv/truvada/truvada_medication_guide.pdf)

PrEP Clinician Consultation Center:  
[nccc.ucsf.edu/2014/09/29/introducing-the-ccc-prepline/](http://nccc.ucsf.edu/2014/09/29/introducing-the-ccc-prepline/)

### Where Can I Get Materials For My Clients?

PrEP materials such as brochures and wallet cards are available at **no cost** to you on the Massachusetts Health Promotion Clearinghouse.  
[www.maclearinghouse.com/](http://www.maclearinghouse.com/)

